Bing

Cognitive benchmarks and milestones are developmental stages that children typically reach as they grow and learn. These milestones are important indicators of a child's cognitive development and can help caregivers identify areas where a child may need additional support [1]. The Centers for Disease Control and Prevention (CDC) provides a comprehensive list of developmental milestones for children from birth to 5 years of age [1]. These milestones include skills such as taking a first step, saying their first words, and solving simple problems [1].

It's important to note that every child develops at their own pace, and not all children will reach these milestones at the same time [1]. However, if a child consistently fails to reach certain milestones, it may be a sign of a developmental delay or other issue that requires further evaluation [1].

I hope this helps. Is there anything else I can help you with?

Source(s)

1. CDC’s Developmental Milestones | CDC
2. Cognitive Skills for Each Age: Important Milestones - ECCM
3. Cognitive Milestones | Help Me Grow MN
4. Cognitive Developmental Milestones - Verywell Mind